

## Tobacco Use and Pregnancy




---

---

---

---

---

---

---

---

### Today's Agenda

- Health Effects of Smoking & Second Hand Smoke
- The Toll of Prenatal Tobacco Use In MT American Indian (A.I.) Women
- Sacred Tobacco and A.I. way of life
- Modeling
- Brief Cessation Interventions
- MT Tobacco Quit Line Services/ A.I. Quit Line Services
- Reimbursement for Medicaid clients

---

---

---

---

---

---

---

---

## Health Effects of Smoking

- Smoking is the most preventable cause of early death in this country. According to the Centers for Disease Control and Prevention (CDC), smoking-related diseases cause the deaths of more than 200,000 women in the United States each year. On average, women who smoke die 14.5 years sooner than non-smokers.

---

---

---

---

---

---

---

---

## Secondhand Smoke (SHS)

- causes more than 41,000 deaths per year.
- 7,330 deaths from lung cancer
- 33,950 deaths from heart disease each year.<sup>1</sup>
- is a definitive cause of stroke.<sup>1</sup>
- There is no risk-free level of exposure to secondhand smoke.
- Secondhand smoke contains hundreds of chemicals known to be toxic or carcinogenic.<sup>2</sup>
- Even relatively brief exposure can trigger a heart attack.

---

---

---

---

---

---

---

---

## Tobacco Use in Pregnancy

- Smoking during pregnancy increases infant mortality and morbidity<sup>1</sup>
- Pre-term and low birth weight babies are often born to mothers who smoke<sup>2</sup>
- Smoking during pregnancy causes changes to the fetus on a genetic level making them more susceptible to certain conditions<sup>3</sup>

---

---

---

---

---

---

---

---

## Relationship between SIDS and smoking

- **Sudden Infant Death Syndrome (SIDS)** is the leading cause of death in otherwise healthy infants.
- Smoking by women during pregnancy **increases the risk** for SIDS. Infants who are exposed to **secondhand smoke** after birth are also at **greater risk** for SIDS.
- Chemicals in secondhand smoke appear to affect the brain in ways that **interfere with its regulation of infants' breathing**.
- Infants who die from SIDS have **higher concentrations of nicotine in their lungs** and higher levels of cotinine (a biological marker for secondhand smoke exposure) than infants who die from other causes.

---

---

---

---

---

---

---

---

### Parents can help protect their babies from SIDS by taking the following three actions:<sup>8</sup>

1. Do not smoke when pregnant.
2. Do not smoke in the home or around the baby.
3. Put the baby down to sleep on its back.

---

---

---

---

---

---

---

### The Toll in Montana

- **16%** of MT mothers smoke during pregnancy compared to 12% nationwide<sup>4</sup>
- Each low birth weight baby costs an average of **\$55,393** in their first year of life compared to \$5,085 that is spent on a baby born without complications<sup>5</sup>
- **70%** of mothers who reported smoking during pregnancy are enrolled in Medicaid<sup>6</sup>

---

---

---

---

---

---

---

### MT Native Americans

- American Indians/Alaska Natives (AI/ANs) have a higher prevalence of current smoking than most other racial/ethnic groups in the United States. Factors that may affect smoking prevalence include sacred tobacco's ceremonial, religious, and medicinal roles in Native culture, which may affect attitudes, beliefs, and behaviors toward commercial tobacco use.

---

---

---

---

---

---

---

## MT Native American

- In 2014:
  - 29.2% of AI/AN adults in the United States smoked cigarettes, compared with 16.8% of U.S. adults overall.
  - The prevalence of cigarette smoking was about 1 in 4 (or 25.6%) among AI/AN men and about 3 in 10 (or 32.5%) among AI/AN women.<sup>17</sup>

---

---

---

---

---

---

---

## Native American Way of Life

- Native Americans and Natural Law
  - Many tribes believe in that everything has a spirit. If you take something you must give. When you use commercial tobacco, you are making an agreement with the spirit of tobacco. Your intent is to get some sort of negative buzz and in return you must give a part of you: your health (i.e. heart disease, cancer, respiratory issues, and more)

---

---

---

---

---

---

---

## Native American Way of Life

- What is Traditional Tobacco?
  - Today many people still use tobacco in a traditional form. It is used in a positive way, for prayers. It is offered up to the creator in a positive way in hopes of a positive outcome in regards to whatever the prayer was for such as harmony or balance in your life. Tobacco is also offered to the land, water, plant-life, animal-life and whatever was taken for different purposes.

---

---

---

---

---

---

---

## Then vs. now: ceremonial smoking

### THEN

- Rallying forces for warfare
- Trading Goods
- Ritual Dancing
- Medicine Ceremonies (healing)
- To discuss war or peace
- To negotiate for a bride
- While settling disputes over land

### NOW

- ▶ Ceremonial
- ▶ Pipe Ceremony
- ▶ Sweat Lodge
- ▶ Sundance's
- ▶ Offering of prayers
- ▶ Tobacco a spiritual gift with conditions for use

---

---

---

---

---

---

---

---

## Herbal Blends of the Plains Indians<sub>2</sub>

- **Blackfeet Nation** Red Willow, Cedar, Sweet Grass, Husk, Kinnikinnick, Spruce, Sage, Juniper
- **Chippewa-Cree** Red Willow, Juniper, Spruce, Sweet Pine, Cedar, Sweet Grass
- **Salish and Kootenai** Beriberi, Husk, Kinnikinnick
- **Crow Nation- Tobacco Society** Nicotiana multivalvis- for holy ceremonies; Nicotiana quadrivalvis - botanically smoked herb for gifts and pipe ceremonies
- **Gros Ventre** Sweet Pine, Cedar, Sweet Grass, Bear Root, Red Willow, Chokecherry Willow, Peppermint Leaves and Tobacco
- **Assiniboine and Sioux** Sage, Sweet Grass, Red Willow, Juniper
- **Northern Cheyenne** Red Willow, Juniper, Cedar, Sage, Sweet Grass, Husk, Sweet Pine, Spruce, Kinnikinnick
- **Little Shell Band of Chippewa** Red Willow, Juniper, Cedar, Sage, Sweet Grass, Husk, Sweet Pine, Spruce, and Kinnikinnick

---

---

---

---

---

---

---

---

## Understanding cultural differences

- Growing up on a reservation
  - Having someone smoke in front of you, in a car, or in a home was something that was "normal"
  - No one really educated about the risks they are taking once they commit to using commercial tobacco
  - Community gatherings would allow smoking in buildings or at event
  - Many pregnant women smoke, not realizing the dangers and risks




---

---

---

---

---

---

---

---

## Making a Community Change

- Role Modeling
  - Small and older children look to parents, grandparents and caregivers as role models
  - If you smoke, it is normal for them to believe that smoking won't harm their health and may pick up the habit also
  - If you must smoke, do it somewhere the children can't see you! (plus will be away from the Second Hand Smoke)
  - Teach them a healthy activity or game that you played when you were younger
  - Educate pregnant American Indian women about the dangers of commercial tobacco and SHS




---

---

---

---

---

---

---

---

## Brief Cessation Intervention

- Ask
- Advise
- Refer
- Get Paid!

---

---

---

---

---

---

---

---

## Get Paid

- MT Medicaid reimburses for both 3 minute and 10 minute sessions of tobacco cessation counseling
  - Billing Codes
    - 99406: Intensive Behavior Change Smoking 3 min.
    - 99407: Intensive Behavior Change Smoking 10+ min.
    - G0437: Tobacco use counseling 3-10 min
    - G0437: Tobacco use counseling 10+min.

---

---

---

---

---

---

---

---

## MT Tobacco Quit Line Pregnancy and Post-Partum Services

- **Free** Personalized Quit Plan
- **Nine** Coaching Calls with a **Dedicated Female Coach**
- **\$5** Incentive for each coaching call completed-up to 9 calls
- **8 weeks** of **Nicotine Replacement Therapy (NRT)** before the baby is born. 6 additional weeks of NRT after the baby is born
- **Motivational text messaging** services to help the mother **stay quit** after the baby is born

---

---

---

---

---

---

---

---

## MT American Indian Commercial Tobacco Program Quit Line Services

- **Dedicated Line with American Indian coaches**
- **FREE** Enrollment and Personalized Quit Plan
- **10** calls
- **8** weeks of NRT
- **Discounted** Prescription drugs

---

---

---

---

---

---

---

---

## Montana Tobacco Use Prevention Program Website

- <http://dphhs.mt.gov/publichealth/mtupp.aspx>
  - Information on Quit Lines
  - Tribal Programs information
  - Signage and materials

---

---

---

---

---

---

---

---

# Questions

---

---

---

---

---

---

---

---

1 & 2: Premature Babies Cost Employers 12.7 billion Annually. March of Dimes Foundation; 2014. <http://www.marchofdimes.org/news/premature-babies-cost-employers-127-billion-annually.aspx>. Accessed May 2016

3: Collins, C. (4/12/2016). Largest Study Yet Shows Mother's Smoking Changes Baby Epigenome. NIH Director's Blog. <https://directorblog.nih.gov/2016/04/12/largest-study-yet-shows-mothers-smoking-changes-babys-epigenome/>

4: Montana Department of Public Health and Human Services. Birth Certificate Data. Helena (MT); Montana Department of Public Health and Human Services Office of Epidemiology and Scientific Support; 2012

5: Premature Babies Cost Employers 12.7 billion Annually. March of Dimes Foundation; 2014. <http://www.marchofdimes.org/news/premature-babies-cost-employers-127-billion-annually.aspx>. Accessed May 2016

6: Montana Department of Public Health and Human Services. Birth Certificate Data. Helena (MT); Montana Department of Public Health and Human Services Office of Epidemiology and Scientific Support; 2012

7: Tips From Smokers: Burden of Tobacco in the US. [http://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.htm#gclid=CjwKEAww\\_g7BRD97mdpJzKw0SJA85clUH9JV\\_3Gsq0v2e4dqZ5ODy\\_UnW06buWdO\\_s7oPX1dPw8oCk7w\\_wcB](http://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.htm#gclid=CjwKEAww_g7BRD97mdpJzKw0SJA85clUH9JV_3Gsq0v2e4dqZ5ODy_UnW06buWdO_s7oPX1dPw8oCk7w_wcB). Accessed June 2016

8: Cessation and Recovery from Commercial Tobacco Addiction. Duran, Eduardo, PhD., Montana Tobacco Use Prevention Program American Indian Contractors.

9: Health Effects of Second Hand Smoke. American Lung Association 2016. <http://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.htm#refsrer=https://www.google.com/>. Accessed July 2016.

10: Plants & the Blackfoot. Alex Johnston

11: Montana Tobacco Use Prevention Program. All Tobacco Prevention Specialists

12: Health Effects of Secondhand Smoke. Center for Disease Control and Prevention. 2014. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/index.htm#fcts](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm#fcts). Accessed July 2016.

---

---

---

---

---

---

---

---

**Diana Bigby**  
**Fort Belknap Tobacco Use**  
**Prevention Program**  
**[dbigby@fbelknap.org](mailto:dbigby@fbelknap.org)**  
**(406) 353-2525**

<http://dphhs.mt.gov/publichealth/mtupp.aspx>

---

---

---

---

---

---

---

---